



Inside the HealthPlex at ARMC
1501 W. Chisholm St.
Alpena, MI 49707
989.356.5600
www.BayAthleticClub.com

Mon-Thurs 5:30 am-8:30 am
Friday 5:30 am-7:30 am
Saturday 7:30 am-4:00 pm
Sunday 12:00 am-5:00 pm

**Bring this flyer in for a
free day of group
exercise classes!!**



**Bay Athletic Club offers beautiful space, top-quality equipment,
cutting-edge fitness offerings, trained fitness professionals, and
stellar customer service.**

State of Michigan
Corporate Wellness
Discount

***No Initiation Fee
and
qualify for \$36.00
rate when you
sign up for an annual
membership!!***

Applicants must show state ID to qualify



- **Complementary personal training appointment with one of our trainers to get you off to a safe, effective start**

Our knowledgeable staff featuring a doctor of physical therapy, and exercise physiologist, and 11 other nationally certified personal trainers can help you find the right workout for you!

There is something for everyone:

- Newly expanded 2,500 sq. feet with a state of the art group exercise studio
- Full cardio theater with three plasma televisions featuring Broadcast audio
- Free weights, Hammer strength and LifeFitness circuit machines
- Women's Express circuit training room with cardio equipment and machines
- Personal Training Department featuring 15 certified fitness professionals
- Two certified massage therapists on staff
- Juice bar offering smoothies, Beach body protein bars, and fresh brewed coffee
- Child care throughout the day with experienced childcare providers
- Full locker room facilities that have been recently enlarged and updated
- Knowledgeable and friendly staff that values customer service as number one
- Group exercise, offering 50 classes per week at no additional charge which are taught by nationally certified instructors